

Week	CASEL Competency	Theme	Grade 9 Lesson	Grade 10 Lesson	Grade 11 Lesson	Grade 12 Lesson
1	Agency / Self-Management	Planning & Organization	<a href="#">Building Your Systems: Taking Notes and Organizing Materials</a>	<a href="#">What Are the Important Steps to Getting into College</a>	<a href="#">Do You Have Some Time? Prioritizing School, Home, Work, and Socializing</a>	<a href="#">Time Management: How to Balance School, Work and Extracurriculars</a>
2	Curiosity / Responsible Decision-Making	Considering Consequences	<a href="#">Is Vaping Safe?</a>	<a href="#">Dangers And Consequences of Vaping</a>	<a href="#">The Dangers of Vaping, Juuling and E-Cigarettes</a>	<a href="#">Avoiding the Vape Hype</a>
3	Identity / Self-Awareness	Identifying Emotions	<a href="#">Emotions Are Temporary</a>	<a href="#">Heightened Emotional Awareness</a>	<a href="#">Understanding Our Emotional Reactions</a>	<a href="#">Understanding Our Emotional Triggers</a>
4	Agency / Self-Management	Mindfulness	<a href="#">How To Unwind a Busy Mind</a>		<a href="#">Practicing Mindfulness Techniques</a>	<a href="#">Managing My Daily Stressors</a>
5	Identity / Self-Awareness	Honesty & Integrity	<a href="#">My Gifts, My Passions</a>	<a href="#">Developing Good School Habits</a>		<a href="#">A Matter of Perspective</a>
6	Identity / Self-Awareness	Learning About Emotions	<a href="#">Understanding The Potential Signs of Depression</a>	<a href="#">Am I Ready for A Relationship?</a>	<a href="#">Breaking Up Is Hard to Do</a>	<a href="#">Workplace Anger</a>
7	Belonging / Social Awareness	Respect	<a href="#">How To Behave in Different Environments</a>	<a href="#">You Better Behave or Else...</a>	<a href="#">Can We Talk? Respectful Communication Among Friends</a>	<a href="#">Communication Skills to Use with Teachers, Employers, and Parents</a>
9	Belonging / Social Awareness	Empathy & Compassion	<a href="#">Empathy, Got Some?</a>	<a href="#">What Is Empathy and Why Is It Important?</a>	<a href="#">May I Walk in Your Shoes? Finding Common Ground</a>	<a href="#">Is There a Difference Between Empathy and Sympathy?</a>
10	Agency / Self-Management	Goals	<a href="#">Good Habits and Goal Setting</a>	<a href="#">What Makes Me Unique?</a>	<a href="#">Setting Monthly and Yearly Goals</a>	<a href="#">Fast Forward Ten Years... Where Are You?</a>
11	Identity / Self-Awareness	Growth Mindset	<a href="#">The Importance of Challenging Yourself</a>	<a href="#">Facing Challenges with a Growth Mindset</a>	<a href="#">Agility Training for Your Mind</a>	<a href="#">Learning From Failure</a>

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12	Collaborative Problem-Solving / Relationship Skills	Conflict Resolution	<a href="#">When Social or Romantic Relationships Go Wrong</a>		<a href="#">Rushing to Conclusions: Controlling Emotions When You Make Assumptions</a>	
13	Curiosity / Responsible Decision-Making	Problem Solving	<a href="#">My Social Impact: Be the Change</a>	<a href="#">My Social Impact: Small Steps to Change the World Around Me</a>	<a href="#">What Can I Do? Developing Global Empathy</a>	<a href="#">Building Credit and Financial Literacy</a>
14	Collaborative Problem-Solving / Relationship Skills	Cooperation & Collaboration		<a href="#">Relationships And Intentions</a>	<a href="#">Let Me Show You: Building a Portfolio for College Applications</a>	<a href="#">Mission Possible: Never Stop Learning</a>
15	Belonging / Social Awareness	Digital Literacy		<a href="#">Understanding the Effects of Cyberbullying</a>	<a href="#">Being Social on Social Media</a>	<a href="#">Cyberbullying And Digital Citizenship</a>
16	Belonging / Social Awareness	Bullying	<a href="#">Bullying 101</a>	<a href="#">Stomp Out Bullying</a>	<a href="#">The Consequences of Cyberbullying</a>	<a href="#">Bullying In the Workplace</a>
17	Curiosity / Responsible Decision-Making	Safety	<a href="#">Dangers Of Human Trafficking</a>	<a href="#">When Your Date Doesn't Hear the Word 'No': Sexual Assault and Date Rape</a>	<a href="#">Driving Safety</a>	<a href="#">Driving Safely</a>
18	Identity / Self-Awareness	Mental Health Care	<a href="#">Protecting Yourself from Suicide</a>	<a href="#">Teenage Suicide</a>	<a href="#">Suicide Prevention</a>	<a href="#">Suicide Prevention During Times of Change</a>
19	Agency / Self-Management	Coping	<a href="#">Mind Your Mind: Practicing Mindfulness to Manage Emotions</a>	<a href="#">Manage Anger Through Mindfulness</a>	<a href="#">Pace Yourself: Mindful Test Preparation</a>	

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20	Curiosity / Responsible Decision-Making	Health & Hygiene	<a href="#">Catching Some Zzzzz's</a>	<a href="#">Moderation Matters!</a>	<a href="#">Understanding Bipolar Disorder</a>	<a href="#">Health And Wellness for Life</a>
21	Agency / Self-Management	Manage Stress	<a href="#">Navigating Stress: Managing Stress Through Positive Self-Talk</a>	<a href="#">The Importance of Recreation</a>	<a href="#">Don't Stress About Stress</a>	<a href="#">Coping With Change</a>
22	Collaborative Problem-Solving / Relationship Skills	Communication	<a href="#">The Give and Take of Communicating</a>	<a href="#">Be Clear When Communicating</a>	<a href="#">Changing The World: Creating My Social Impact</a>	<a href="#">How To Give an Impactful Presentation - Even If You Are Scared of Public Speaking!</a>
23	Collaborative Problem-Solving / Relationship Skills	Being a Good Friend	<a href="#">Who To Hang with In High School</a>	<a href="#">You Mean My Friends Will Change?</a>	<a href="#">Making Time for Others</a>	<a href="#">Maintaining Friendships during transition</a>
24	Belonging / Social Awareness	Expectations at School	<a href="#">Class Conduct Determines Future Success</a>	<a href="#">High Stakes Testing Expectations</a>	<a href="#">Let's Dance</a>	<a href="#">Responsible Behavior at Prom</a>
25	Curiosity / Responsible Decision-Making	Healthy Decisions	<a href="#">The Importance of Healthy Habits</a>	<a href="#">Get Some Sleep!</a>	<a href="#">Sleep Matters</a>	<a href="#">Making Sleep A Priority</a>
26	Agency / Self-Management	Impulse Control & Self-Regulation	<a href="#">How Long Will This Take? How To Manage Your Time Effectively</a>	<a href="#">Impulse Control</a>	<a href="#">You Did What?! Managing Your Reputation</a>	<a href="#">Important Decisions &amp; Impulse Control</a>
27	Curiosity / Responsible Decision-Making	Substance Abuse	<a href="#">Prescription Drug Abuse Among Teenagers</a>	<a href="#">Illegal Drugs and You: a Lethal Combination</a>	<a href="#">Seeking Help for Addiction</a>	<a href="#">The Risks and Consequences of Underage Drinking</a>

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28	Identity / Self-Awareness	Personal Boundaries	<a href="#">Positive Body Image - What Are Realistic Expectations?</a>	<a href="#">Realistic And Positive Body Image</a>	<a href="#">How Do I Look? Creating a Positive Body Image</a>	<a href="#">Crossing the Line</a>
29	Agency / Self-Management	Manage Emotions	<a href="#">Tame That Temper</a>	<a href="#">Anger Management</a>	<a href="#">Having A Great Year: Managing Stress in Your Junior Year</a>	<a href="#">Load-Bearing Walls: Identify Supports That You Have to Help You Manage Strong Emotions</a>
30	Agency / Self-Management	Self-Control	<a href="#">When Impulses Get the Better of You</a>		<a href="#">Listening And Impulse Control</a>	<a href="#">What Is the Best Way to End an Unhealthy/Toxic Relationship?</a>
31	Agency / Self-Management	Managing Harmful Thoughts	<a href="#">How To Self-Help, Not Self-Harm</a>	<a href="#">Don't Do It: Cutting/Self Harm</a>	<a href="#">Is There a Better Way? Cutting &amp; Self-Harm</a>	<a href="#">Understanding Eating Disorders</a>
32	Belonging / Social Awareness	Expectations in the Community	<a href="#">Finding Balance When You Are Overscheduled</a>	<a href="#">Budgeting Your Money</a>	<a href="#">Choosing Future Employment Options</a>	<a href="#">What Makes a Great Employee?</a>
33	Collaborative Problem-Solving / Relationship Skills	Relationships & Reputation	<a href="#">Damage Control: How to Fix a Bad Reputation</a>	<a href="#">Why Good Reputations Matter</a>	<a href="#">The Dangers of Abuse and Abusive Relationships</a>	<a href="#">What Legacy Do I Want to Leave Behind in My High School?</a>
34	Belonging / Social Awareness	Concern for Others	<a href="#">Confronting Cyberbullying</a>	<a href="#">Sexting Is Not Sexy</a>	<a href="#">Taking A Stand: Knowing When to Stand Up for Others</a>	<a href="#">How Do I Take a Stand Against Injustice?</a>
35	Collaborative Problem-Solving / Relationship Skills	Helping Others	<a href="#">How To Speak Up!</a>	<a href="#">Knowing When To Take a Stand</a>	<a href="#">Identify &amp; Respond to Social Injustice</a>	<a href="#">My Social Impact: How Can I Change the World Around Me?</a>

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36	Belonging / Self-Awareness	Examining Your Feelings About Others	<a href="#">Ending The Cycle: Understanding Others' Emotions and Perspectives</a>	<a href="#">Understanding Racial Differences with Knowledge and Acceptance</a>	<a href="#">Religious Tolerance: With Knowledge Comes Compassion</a>	<a href="#">Understanding Gender Through Knowledge and Acceptance</a>